



Calhoun County Connections

JANUARY 2015 Special Points of Interest

- * Wellness Program
- * January Happenings
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- * 2015 Resolutions
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- * Milestones
- * New Hires
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- * Healthy Recipes

Happy New Year!! Our 2015 Wellness Program will be kicking off in February and Tickets to Wellness will be distributed within the next couple weeks. We are looking forward to an even better program this year. Continue to check your email and Wellness Newsletter for updates.



January Happenings



Albion's World Corrugated Cardboard Classic Sled Race January 25, 2015

Intended for all ages, this free winter excursion is scheduled for January 25, 2015, at the Victory Park sledding hill.

<http://www.greateralbionchamber.org/Pages/CardboardSledRace.aspx>

Polar Plunge (Fit ticket with proof of registration)

The Battle Creek City Polar Plunge will take place on Saturday, January 17, 2015. Registration begins at 10:30 a.m. at the H2O Restaurant. The parade will then take place at 11:45 a.m. and the plunge will start at noon. The post plunge party will be after the last plunger at H2O.

<http://www.firstgiving.com/polarplunge/BC15>



American Museum of Magic: Talk & Tour is set for Thursday, January 8th, 2015 beginning at 7:00 pm in the Library Meeting Room. Following the introduction, there will be a change in location for a special guided tour of the museum. Registration begins December 26th for MDL cardholders and December 29th for all others. Please visit the Information Desk or call 269.781.7821, x10 to register.





CALHOUN COUNTY PUBLIC HEALTH DEPARTMENT

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"Working to enhance our community's total well-being"

SCHOOL WELLNESS PROGRAM

Healthy Eating

January 2015



You have heard the saying, you are what you eat. If you already have healthy eating habits keep up the good work. If you need some help, try a few of these tips:

- Set yourself up for success by planning a healthy diet in small manageable steps instead of a huge change.
- Remember moderation is the key to establishing lifelong healthy eating habits.
- You have an influence on your family's eating habits as well. Children who have grown up with healthy eating habits are more likely to be health conscious adults.
- If you pack you or your family's lunch, make sure to include healthy items. Try replacing chips with carrots and include fruit for dessert.
- If you purchase your lunch try making healthy choices. More and more often you will find nutrition information posted so you can take this into consideration before ordering or purchasing.
- You've heard it before, but the message bears repeating: breakfast is the most important meal of the day! Don't let anybody leave home without a healthy, filling breakfast.
- Make it easy to choose healthy snacks by keeping plenty of healthy snacks in the kitchen. Need some snack ideas? Try these: orange wedges, apples, raw veggies, canned fruits in natural juices, raisins or other unsweetened fruit, crackers with cheese, unbuttered popcorn, low-fat yogurt, trail mix or milk.



New Year Resolution

Some take it seriously. Some bid it farewell just after the clock strikes twelve. Some call it a Second Chance to Dream with Eyes Open. New Year Resolution -- no one can deny having made some.

People change with time, so do their aspirations. Seriously taken, Happy New Year Resolution is an opportunity to gauge our goals. For the adventurous souls, it is the opportunity to tickle a funny bone or to try something bold.

Here are some New Year Resolution ideas. Some are simple, some are exotic -- but each is unique in its own way -- there is surely one that would appeal to you.



- ❏ **Accomplish the Incomplete** – If you still feel that the resolutions you made last year and abandoned midway are worth a second shot, give it another chance!
- ❏ **Quit an Addiction** – It will not take you anywhere good, trust us. If it does you no good, why stick to it? If needed, seek help of support groups or professionals. If you have the will, you shall find the way.
- ❏ **Fit in Fitness** – Secure a future with fewer trips to the doctor – exercise. Select a regime you can stick to. A group activity may add the element of fun to the routine. Lose some flab. But don't set any strict target, for then the chances are you may get de-motivated and quit.
- ❏ **Soak up New Skills** – Learning something new and interesting is always fun and a value addition too.
- ❏ **Wowed By Wanderlust** – If new places interest you, plan to reach out to them. You may consider including a fund for your trotting in your annual budget.
- ❏ **Contribute for a Cause** – Giving back to the society is the least we can do to make the world a better place to live in.
- ❏ **Treasure your Treasures** – Splurging is fun, but saving should be the way of living. Plan with your future in mind. Relax the grip once in a while for that blissful indulgence. But should be just one or two annual affair.
- ❏ **Liven up Your Lifestyle** – Professional growth is okay, but your personal life requires attention too. Strike a balance.
- ❏ **Organized** – This is the key to make life easy, manage time and live stress free. Make a proper To-Do list, and you are half way there already.
- ❏ **Adopt a Pet** – The devotion, love and loyalty of a pet can never be matched. Feel the bliss by giving one a home.
- ❏ **Relive your childhood** – Bring back the simplicity in life – dance in the rain, jump in a puddle, lick a Popsicle – just be carefree.
- ❏ **Unleash the Angel in You** – Nothing feels better than seeing a smile on someone. Do your bit to stand by people who need support. Every little help matters.
- ❏ **Snooze away to Slumber-Land** – Catch up on the sleep you lost and see a beautiful glow back on you – bid farewell to those dark circles for good!
- ❏ **De-clutter the accumulated junk** – Life will be more organized with the unnecessary extras gone -- donate the unnecessary stuff to charity. If you want, organize a garage sale – the incoming cash may motivate you to de-clutter.
- ❏ **Get a Gadget** – Has there been a gadget you have been longing for? An expensive one? Save up to make it your own!
- ❏ **Step up or Step Down Social Media Activity** – If you have been out of touch with your pals and peers, social media would help you get back to the groove. But if your virtual life is affecting your personal life, it is time you remedied that.
- ❏ **Positive approach to life** – Vow to always view the glass to be half full. This will help you solve any obstacle you may face in life.
- ❏ **Speak Your Mind** – Chuck the niceties. It is mandatory to say No at times. However remember, politeness pays too. Judiciously decide according to the situation.
- ❏ **Chuck the Couch** – Whether we use slang to call it being a Couch Potato or an ornamental term like Sedentary Lifestyle, if you belong to the category, you need to break out of the vicious cycle.
- ❏ **Groom Your Green Thumb** – A patch of greenery is a solace in the concrete jungle we live in – well if a garden seems too much, even a few potted plants would liven up your living space.
- ❏ **Remember the Important Dates** – Remembering birthdays, anniversaries etc. will make your loved ones feel special, wanted and cared for. If your memory doesn't help, take the help of technology!
- ❏ **Overcome a fear or mental block** – This will make you feel liberated – it will free your mind of shackles.
- ❏ **Be sincere about punctuality and commitments** – This is a resolution, if followed, would help you succeed in life and be respected too.





Spread Christmas Joy, Not Influenza!

Influenza has officially come to Calhoun County, and reports are that it is not an enjoyable experience. Symptoms include fever, sore throat, muscle aches, fatigue, headache and breathing problems. Influenza has been confirmed in individuals that are so severe that hospitalization was required while some were able to recover at home, but are missing as many as 5-7 days of work or school. Most concerning is that the Centers for Disease Control (CDC) reports that 7 pediatric deaths have already occurred this flu season.

Talk around town is that the flu vaccine doesn't even work this year, so why bother? While the CDC did tell us that the vaccine effectiveness didn't quite hit the mark 100% for the circulating strains, it does provide benefits. Like pebbles on the beach, there are hundreds of strains of influenza and over the years they can change ever so slightly. We call this *drifting*. Unfortunately, these variant Influenza type A (H3N2) strains which drifted from the H3N2 strain that was in this year's vaccine is what we are seeing much of in Calhoun County and across the U.S. However, those affected with this flu strain that received a flu vaccine this year are reporting a shorter length of illness as well as slightly less severe symptoms than those who were not vaccinated.

<http://www.cdc.gov/flu/index.htm>

Influenza usually peaks in Michigan around February. This leaves a lot of time for more flu virus sharing including other strains that are covered in the vaccine. Those at highest risk of adverse outcomes of influenza include children younger than 5 years; adults 65 years and older; pregnant women; and people with chronic health conditions such as asthma, diabetes, heart or lung disease and kidney disease.

Calhoun County Public Health Department recommends calling your doctor promptly should you begin showing signs of the flu especially if you are in the high risk category. While antiviral medications will not stop the progression or infection of influenza, it may help reduce the severity of the illness.

What can you do to protect getting influenza?

- If you haven't gotten vaccinated, GET VACCINATED! It is not too late, and supplies are readily available at many locations including the Health Department at both the Battle Creek and Albion locations. Vaccine options include: quadrivalent (2 A strains and 2 B strains), High Dose (for those over the age of 65) and the flumist (nasal spray for ages 2-49 years).
- Wash your hands – before you touch your face, mouth, nose, eyes or anything you put into those areas. Use an alcohol based hand sanitizer if you can wash your hands especially when indulging in the platters of Christmas treats.
- Cover your coughs and sneezes and stay away from other sick people. The flu can be spread by coughing or sneezing into the air or passing it around on objects such as hands, food, doorknobs, etc.
- Stay home if you are sick. Don't spread the flu and other viruses to those who could have severe complications from it. Call your doctor for the possibility of antiviral medications if you are sick or exposed to someone with confirmed influenza.
- Stay healthy and reduce your stress during the holiday season. Lack of sleep, poor eating and drinking habits and stress will impact your immune system negatively making you less likely to fight off any viruses that you may be exposed to at holiday gatherings.

Hours and prices are available on the county website. For more information contact the Calhoun County Personal Health Services Department (269) 969-6363 or visit our website www.calhouncountymi.com/publichealth.

Contact person:
Michelle Thorne, RN 269-969-6363

Tips to Stay on Track After the Holidays

Tip No. 1: Drink plenty of water or other calorie-free beverages.

Before you tear into that bag of potato chips, drink a glass of water first. People sometimes confuse thirst with hunger, so you can end up eating extra calories when an ice-cold glass of water is really all you need. If plain water doesn't cut it, try drinking flavored sparkling water or brewing a cup of fruit-infused herbal tea.

Tip No. 2: Be choosy about nighttime snacks.

Mindless eating occurs most frequently after dinner, when you finally sit down and relax. Snacking in front of the TV is one of the easiest ways to throw your diet off course. Either close down the kitchen after a certain hour, or allow yourself a low-calorie snack, like a 100-calorie pack of cookies or a half-cup scoop of low-fat ice cream.

Tip No. 3: Enjoy your favorite foods.

Instead of cutting out your favorite foods altogether, be a slim shopper. Buy one fresh bakery cookie instead of a box, or a small portion of candy from the bulk bins instead of a whole bag. You can still enjoy your favorite foods -- the key is moderation.

Tip No. 4: Eat protein at every meal.

Protein is the ultimate fill-me-up food -- it's more satisfying than carbs or fats and keeps you feeling full for longer. It also helps preserve muscle mass and encourages fat burning. So be sure to incorporate healthy proteins like seafood, lean meat, egg whites, yogurt, cheese, soy, nuts, or beans into your meals and snacks.

Tip No. 5: Swap a cup of pasta for a cup of vegetables.

Simply by eating less pasta or bread and more veggies, you could lose a dress or pants size in a year. "You can save from 100-200 calories if you reduce the portion of starch on your plate and increase the amount of vegetables," says Cynthia Sass, RD, a spokeswoman for the American Dietetic Association.

Tip No. 6: Always eat breakfast.

It seems like an easy diet win: Skip breakfast and you'll lose weight. Yet many studies show the opposite can be true. Not eating breakfast can make you hungry later, leading to too much nibbling and binge eating at lunch and dinner. To lose weight -- and keep it off -- always make time for a healthy morning meal, like high-fiber cereal, low-fat milk, and fruit.

Tip No. 7: Include fiber in your diet.

Fiber aids digestion, prevents constipation, and lowers cholesterol -- and can help with weight loss. Most Americans get only half the fiber they need. To reap fiber's benefits, most women should get about 25 grams daily, while men need about 38 grams -- or 14 grams per 1,000 calories. Good fiber sources include oatmeal, beans, whole grain foods, and a variety of fruits and vegetables.

Tip No. 8: Get enough sleep.

When you're sleep deprived, your body overproduces the appetite-stimulating hormone ghrelin but underproduces the hormone leptin, which tells you when you're full. Getting enough sleep may make you feel rested and full and keep you from doing unnecessary snacking.

Tip No. 9: Understand portion sizes.

We're so used to super-sizing when we eat out that it's easy to carry that mind-set home. To right-size your diet, use a kitchen scale and measuring cups to measure your meals for a week or two. Use smaller plates and glasses to downsize your portions. Split restaurant servings in half -- making two meals out of one big one. Portion out snack servings instead of eating them directly from the container.

Tip No. 10: Eat more fruits and vegetables.

The best "diet" is one where you get to eat *more* food, not less. If you eat more fruits and vegetables, you shouldn't feel as hungry because these nutrient-rich foods are also high in fiber and water, which can give you a feeling of fullness. Snacking can be a good thing as long as you choose smart snacks.

Tip No. 11: Celebrate success (but not with food).

You lost five pounds this month and walked every other day? Time to celebrate! Rewarding weight loss success really can encourage more success, so revel in your achievements. Buy a CD, take in a movie, and set a prize for the next milestone. Just don't celebrate with a sundae or deep dish pizza.

Tip No. 12: Get help from family and friends.

Getting support can help you reach your weight loss goals. So tell family and friends about your efforts to lead a healthy lifestyle. Maybe they'll join you in exercising, eating right, and losing weight. When you feel like giving up, they'll help you, keep you honest, and cheer you on -- making the whole experience a lot easier.

January Milestones

25 YEARS & OVER

NORMAN FRYER - 36 YRS
CIRCUIT COURT

ANNE NORLANDER - 30 YRS
CLERK REGISTER

RYAN TETRAULT - 27 YRS
HEALTH DEPARTMENT

PABLO LERMA - 26 YRS
JUVENILE HOME

TIMOTHY WANNER - 25 YRS
HEALTH DEPARTMENT

15 YEARS

JEFFREY CHAPMAN
CIRCUIT COURT

KELLY REPLOGLE
CIRCUIT COURT

MILESTONE MISSED IN DECEMBER

DAVID TREAT - 35 YRS
**ADMINISTRATIVE
SERVICES
MAINTENANCE**

Welcome New Hires

JUVENILE HOME

😊 **LASHAWNA ROSS**

😊 **NATHAN JONES**

😊 **CASSANDRA BELL**

TREASURER'S OFFICE

😊 **HEATHER HOFFMAN**

CIRCUIT COURT

😊 **ADRIENNE BUCHTRUP**

😊 **HOLLY STAUFFER**

HEALTH DEPARTMENT

😊 **SHERRIL BAILEY**

😊 **VICKI MOUSER**

Spice of the month: Fennel

1 Cup of sliced raw fennel = 27 Calories
14% Vitamin C
11% Fiber
10% Potassium
And much more



The health benefits of fennel come from its unique combination of phytonutrients including the flavonoids quercetin and rutin, both potent antioxidants. Fennel contains a phytonutrient compound called anethole, the primary component of its volatile oil. This compound has been shown in animal studies to have anti-inflammatory and cancer protective effects. Fennel is an excellent source of vitamin C, making regular consumption a good way to support a healthy immune system. It's also a good source of fiber, folate and potassium.

Culinary uses of fennel are almost unlimited - the crunchy texture and subtle sweetness make it an ideal side dish or added ingredient to everything from fish and salads to desserts. The bulb of the fresh fennel plant can be eaten raw, sautéed, stewed or grilled. The stalks of the fennel can be used for soups, stocks and stews. The leaves of the plant can be used fresh in many of the same ways dill or parsley are employed. The seeds are often mistaken for anise seeds, as they are similar in taste and appearance, though smaller. They are best used for cooking when they are green in color. The seeds are commonly used in desserts and baked goods.

Fennel is in season from autumn through early spring. When choosing fresh fennel, look for firm bulbs that have not split or bruised, and leaves that are close together. Avoid fennel that has flowering buds - this means it has passed its maturity. It is best eaten right after purchase, as it can quickly lose flavor. However, refrigeration in the vegetable crisper can preserve its taste for up to four days.

Dried fennel seeds should be stored in an airtight container away from light and moisture for up to six months - storing them in the refrigerator will extend their usability.

A Few Quick Serving Ideas

- Combine sliced fennel with avocados, and oranges for a delightful salad.
- Braised fennel is a wonderful complement to scallops.
- Next time you are looking for a new way to adorn your sandwiches, consider adding sliced fennel in addition to the traditional toppings of lettuce and tomato.
- Top thinly sliced fennel with plain yogurt and mint leaves.
- Fennel is a match made in Heaven when served with salmon.

TOMATO FENNEL GRATIN

Ingredients:

4 or 5 small Roma tomatoes
1 large or 2 small fennel bulbs, stalks removed
2oz crème fraîche
2 TB of black olive tapenade (store bought or homemade)
1/2 cup finely grated Parmesan (divided)
A handful of fresh thyme leaves
Fine sea salt and freshly ground black pepper, to taste

Instructions:

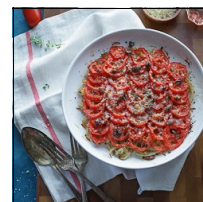
Slice tomatoes into 1/4-inch thick slices. If your tomatoes are very juicy, layer the tomato slices into a colander, sprinkle with a few pinches of salt and drain excess moisture from the tomatoes for 20 minutes.
Trim fennel bulbs and halve lengthwise through the core, and thinly slice each half.
Fit a pan with a steamer basket and several inches of water. Steam fennel for 8 to 10

minutes or until fennel is tender.

In a bowl, toss together steamed fennel, crème fraîche, olive tapenade, half of the thyme leaves and Parmesan; season with salt and pepper. Butter the bottom of a small baking or gratin dish.

Place fennel mixture at the bottom of the baking dish. Arrange the tomato slices over the fennel in overlapping rows. Season with salt and pepper and sprinkle with the remaining Parmesan and thyme leaves.

Bake at 350 for 20 to 25 minutes, uncovered until the cheese starts to brown and the gratin is bubbling. Let rest for about 5 minutes before serving.



Easy Healthy Lunch Eatingwell.com

Tomato & Fennel Salad

Ingredients:

1 tablespoon extra-virgin olive oil
1 tablespoon white-wine vinegar
1/2 teaspoon salt
Freshly ground pepper, to taste
1 pound tomatoes, cut into wedges
2 cups thinly sliced fennel bulb
1/4 cup chopped fresh parsley
1/3 cup toasted pine nuts, (see Tip)

**Preparation:**

Whisk oil, vinegar, salt and pepper in a large bowl until combined. Add tomatoes, fennel, parsley and pine nuts; toss to coat.

Tip: Toast pine nuts in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 3 to 5 minutes.

Broccoli Salad With Creamy Feta Dressing

Ingredients:

1/3 cup crumbled feta cheese
1/4 cup nonfat plain yogurt
1 tablespoon lemon juice
1 clove garlic, minced
1/4 teaspoon freshly ground pepper
8 ounces broccoli crowns, trimmed and finely chopped (about 3 cups)
1 7-ounce can chickpeas, rinsed
1/2 cup chopped red bell pepper

Preparation:

Whisk feta, yogurt, lemon juice, garlic and pepper in a medium bowl until combined.

Add broccoli, chickpeas and bell pepper; toss to coat. Serve at room temperature or chilled



Curried Zucchini & Couscous

Ingredients:

2 tablespoons extra-virgin olive oil
2 medium zucchini, diced
1/4 cup finely chopped onion
1 cup water
1 tablespoon lime juice
1 teaspoon curry powder
1/2 teaspoon ground cumin
1/2 teaspoon salt
1/4 teaspoon freshly ground pepper
2/3 cup whole-wheat couscous
1 cup grated carrot
1/4 cup slivered almonds, toasted

**Preparation:**

Heat oil in a large saucepan over medium heat. Add zucchini and onion and cook, stirring occasionally, until starting to soften, about 3 minutes. Transfer to a large bowl.

Add water, lime juice, curry, cumin, salt and pepper to the pan and bring to a boil. Stir in couscous. Remove from heat, cover and let stand for 5 minutes. Fluff with a fork.

Add the couscous and carrot to the bowl with the zucchini; stir to combine. Serve topped with almonds.